

Scenario planning helps you explore future changes, challenges and opportunities that could impact your career development

Without it, you might feel less capable of responding to change. With it, you'll feel more confident and proactive in your career development.

Coach yourself questions

What would you love to happen at work in the next 12 months?



What do you worry might happen at work in the next 12 months?



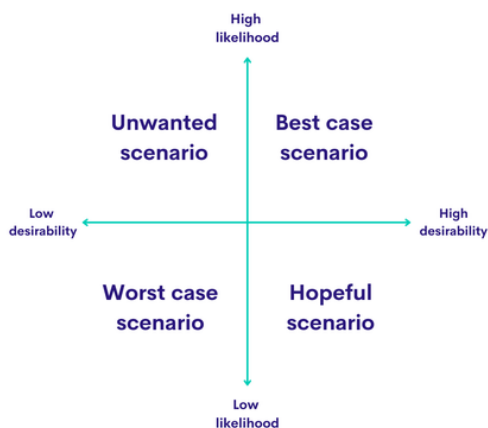
Ideas for action



1. Generate four scenarios

Use our matrix to explore four different future career scenarios based on two factors: likelihood (how likely it is to happen) and desirability (how much you want it to happen).

Try working with a thinking partner and use a 12 month timeframe.



2. Identify the actions you can take now

If each scenario happens in 12 months, what could you do now to prepare?

Planning ahead helps you to feel more in control and better able to respond to change.

3. Try using AI for more scenario ideas

Try using this prompt with AI:

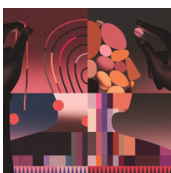
"I am a _____ who works at a _____ and I want to proactively think through potential career scenarios to help me navigate uncertainty and change over the next 12 months.

I'd like you to generate career scenarios using the following framework:

1. Best Case Scenario: A highly desirable outcome with a high likelihood of happening.
2. Worst Case Scenario: A low desirability outcome with a low likelihood of occurring.
3. Unwanted Scenario: A high likelihood outcome that is not desirable.
4. Hopeful Scenario: A highly desirable outcome that has a low likelihood of happening.

Please suggest potential career scenarios based on market trends, the industry, and my role. Ideally, these scenarios should reflect both opportunities and risks I might need to prepare for."

Recommended resources



How to become your own career coach.
Harvard Business Review article by Helen & Sarah



Download our Career Canvas tool
as a framework for your career conversations.



Helen and Sarah share 3 ideas to help define, connect, and communicate your career ambitions on episode **#407** of Squiggly Careers.